

FEBRUARY 2017 - HOPEDALE SR. CENTER ACTIVITIES

(508)634-2208

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10:00 am Safe Exercise 11:45 am Meditation	2 9:00 am Yoga 1:00 pm Benefits Check-up By Appointment	3 10:00 am Arthritis Exercise Sr. Center closes @ 12:30 pm
6 PANERA BREAD 10:00 am Safe Exercise 11:30 am Lunch @ Sr. Center Meal: Pot Roast 12:45 pm BINGO	7 9:00 am Yoga 1:00 pm Bridge 1:00 pm Movie: Re-scheduled Florence Foster Jenkins	8 9:00 am Grocery Trip Market Basket 9:30 am Health Nurse 10:00 am Safe Exercise 11:45 am Meditation	9 9:00 am Yoga 11:30 am COA Monthly Lunch at Sr. Center Meal is: BBQ Chicken 1:30 pm Technology Assistance By Appointment	10 10:00 am Arthritis Exercise Sr. Center closes @ 12:30 pm
13 PANERA BREAD 10:00 am Safe Exercise 12:45 pm BINGO	14 9:00 am Walmart Trip 9:00 am Yoga 12:00 pm Valentines' Day Luncheon 1:00 pm Bridge	15 10:00 am Safe Exercise 11:45 am Meditation	16 9:00 am Yoga 10:00 am Knitters 1:00 am COA Board Mtg.	17 10:00 am Arthritis Exercise Sr. Center closes @ 12:30 pm
20 CLOSED FOR PRESIDENTS' DAY 	21 9:00 am Yoga 1:00 pm Bridge	22 9:00 am Grocery Trip Market Basket 9:30 am Health Nurse 10:00 am Safe Exercise 11:45 am Meditation	23 9:00 am Yoga 9:15 am Trip to Worcester Art Museum	24 10:00 am Arthritis Exercise Sr. Center closes @ 12:30 pm
27 PANERA BREAD 10:00 am Safe Exercise 12:45 pm BINGO	28 9:00 am Yoga 1:00 pm Bridge 1:00 pm Movie: Deep Water Horizon			